

Tips to Keep Moving

Maintain

**Don't
Gain**



Tips on Portion Control

COMMONHEALTH CONNECTIONS

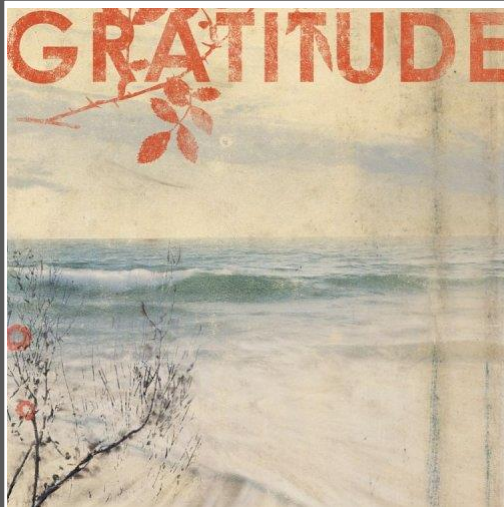
Healthy habits

DO YOUR BEST TO STAY WELL BY
TAKING CARE OF YOURSELF
FIRST AND FOREMOST



CommonHealth

www.commonhealth.virginia.gov



Famous No Coffee Pumpkin Latte

